



LIFELINK

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CONFIDENTIALITY WITH CHAPLAINS: SAILORS HOLD THE KEY

"Confidentiality can be particularly important when a Sailor or Marine may feel they have nowhere to turn during a personal crisis, or if they're concerned about command involvement or an impact on their career." -

Rear Admiral Mark L. Tidd, Chief of Navy Chaplains

WASHINGTON (NNS) -- In a recent poll on Navy Personnel Command's website, 63 percent of 5,049 respondents did not believe that what they say to a chaplain is confidential, and 65 percent of 2,895 respondents believe that Navy chaplains are required to report certain matters to the command.

In light of these results and other anecdotal evidence, Chief of Chaplains Rear Adm. Mark L. Tidd saw an opportunity to roll out an official campaign to help educate service members, leadership and families across the Navy and Marine Corps on SECNAV Instruction 1730.9: Confidential Communications to Chaplains.

This policy was established on Feb. 7, 2008 to protect the sacred trust between an individual and a chaplain.

Per Navy policy, service members and families have the right and privilege to confidential communication with a Navy chaplain; Chaplains have the obligation and responsibility to protect and guard the confidential communications disclosed to them; and commanders honor and support the unique, confidential relationship between an individual and a chaplain.

Chaplains cannot be compelled by the command, medical professionals or others to disclose what a service member or family member shares in confidence.

"What you say to us stays between us, unless you decide differently- You hold the key," said Tidd. "That being said, chaplains will always assist in guiding an individual to the appropriate resources and will not leave an individual alone when the individual or others are at risk," Tidd added.

Chaplains serve as advocates to help individuals get the support needed to overcome the challenges they face before matters escalate. [...]

For more information, visit the new confidentiality page of www.chaplain.navy.mil for [FAQs](#) and resources. Read the full article on confidentiality on Navy.mil [here](#).



Watch Rear Adm. Tidd's PSA on Confidential Communications [here](#).

"When you talk with a chaplain, it stays with a chaplain."

MORE NEWS YOU CAN USE

NAVADMIN 153/13 Announces Establishment of Navy's 21st Century Sailor Office
[NAVADMIN](#)

Get Healthy Like a Man
[Navy Medicine Live](#)

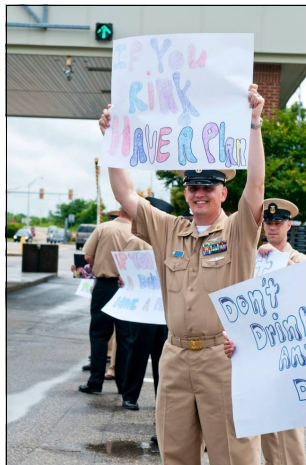
A Lifetime of Financial Security can Begin Today
[NavyNavStress](#)

Change Your Behavior for Good! [DCoE Blog](#)

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LIFELINK SPOTLIGHT

Commander, Navy Region Mid-Atlantic



U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Jesse A. Hyatt/ Released

Prior to Memorial Day weekend, Navy Region Mid-Atlantic installations conducted a [Keep What You've Earned](#) send-off to remind fellow shipmates of the hard work and accomplishments that have distinguished them as Navy Sailors.

Sailors offered enthusiasm and encouragement to consider the consequences of overindulging in alcohol during their festivities by

holding up signs at exit gates as uniformed and civilian personnel embarked on their three day holiday weekend. Commands throughout the region have been proactively supporting [Keep What You've Earned](#), Navy Alcohol and Drug Abuse Prevention's replacement for the now defunct "Right Spirit" alcohol deglamorization campaign.

Increased substance use and substance abuse are not only [risk factors for suicide](#) (impairing judgment and increasing impulsivity), but are [warning signs](#) that a shipmate may be headed down a self-destructive path. Everyday interactions—like the Memorial Day send-off—can help remind Sailors that their peers care about them and want to see them continue to thrive in the Navy. These efforts send the message that alcohol misuse is not as socially accepted as it once was. BZ CNRMA Sailors, leaders and personnel!



Who will be next in the spotlight? Nominate your proactive SPC, caring shipmate or leader, or your entire command for their efforts to build a sense of community and prevent suicide. Email your nomination to caroline.miles.ctr@navy.mil.

RESILIENCE CORNER

Focusing on Resilience: 21st Century Sailor Office Established

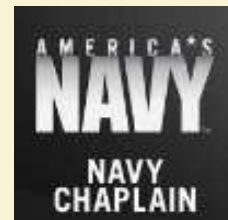
On June 1st, OPNAV headquarters staff reorganized to establish the Navy's 21st Century Sailor Office (OPNAV N17). The new office is comprised of many programs formerly housed under OPNAV N135, in addition to other programs such as sexual harassment, hazing prevention and transition assistance. N17 will support a more cohesive effort to streamline Navy's resilience and readiness programs.

The 21st Century Sailor Office is currently directed by Rear Admiral Walter "Ted" Carter, who led Task Force Resilient. Chartered by Vice Chief of Naval Operations in January to review Navy's suicide prevention efforts, the Task Force's final recommendations included a reorganization of existing resources to create a comprehensive strategic policy office. "The goal of the 21st Century Sailor Office is to provide our Sailors with the support network, programs, resources, training and skills needed to overcome adversity and thrive," said Carter in a recent [Navy.mil release](#).

The full realignment is targeted for completion prior to January 2014. For more information, click [here](#).

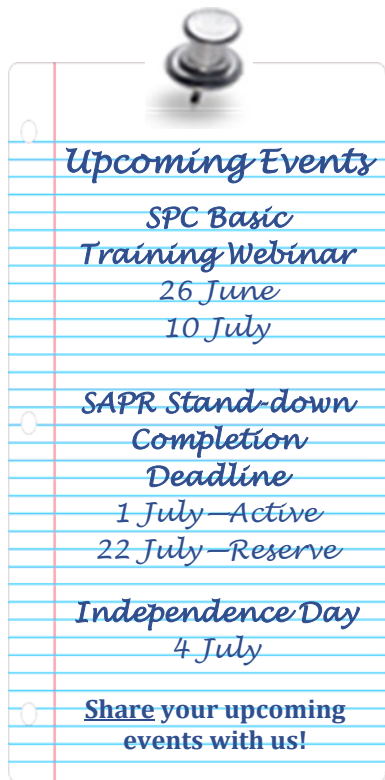
Confidential Communication to Chaplains: You Hold the Key — quick facts on confidentiality

1. Sailors, Marines and their families have the right and privilege to confidential communications with Navy chaplains.
2. Chaplains have the obligation and responsibility to protect and guard what you share in confidence.
3. Your command honors and respects the sacred trust between you and your chaplain.
4. Chaplains support you with dignity, respect and compassion, regardless of your individual beliefs.
5. Chaplains are available 24/7 to provide you a safe place to talk without fear or judgment and serve as an advocate to get you the support you need.



Call Navy 311 to request chaplain support in your area: 1-855-NAVY-311 or visit www.chaplain.navy.mil.

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Upcoming Events

SPC Basic Training Webinar
26 June
10 July

SAPR Stand-down Completion Deadline
1 July—Active
22 July—Reserve

Independence Day
4 July

Share your upcoming events with us!

MAN UP! JUNE IS MEN'S HEALTH MONTH

Hey tough guys - you may bask in your ability to thrive under pressure, but are you addressing all the tools needed to help you lead a healthy and productive life? Maintaining mission readiness starts with a solid personal foundation. This June for Men's Health Month, [U.S. Navy Bureau of Medicine and Surgery's](#) Deputy Public Affairs Officer, Paul R. Ross, is chronicling his adventures as a "typical man" striving to live a completely healthy lifestyle. Even if your hands aren't well manicured like Ross's—or you don't trade in your NWUs for argyle socks and skinny ties on the weekends—you're sure to find some humor and motivation in his quest to strengthen his physical and psychological health. Proper nutrition and fitness, and paying a visit to your doctor regularly (which men are 24% less likely to do according to the [Agency for Research and Healthcare Quality](#)), are all a part of keeping your body in optimal shape. Whether you're facing a challenging mission, personal stress, or are just trying to stay fit, remember that a healthy mind and a healthy body are your two greatest assets.



Courtesy Bureau of Navy Medicine and Surgery via Navy Medicine Live / Released

Follow Mr. Ross's successes and setbacks (they both build resilience!) to "[Get Healthy Like a Man](#)" on [Navy Medicine Live](#). Read more [here](#).

Contact Navy Suicide Prevention

[Email Us](#) | [Suicide Prevention](#)

Follow Operational Stress Control

Online...



We want to follow you too! Have a social media page? Send us a message!



Happy 1st Birthday LifeLink!

We're celebrating 12 issues this month! Thank you for all of your support, feedback and engagement. Keep spreading the word to your shipmates about resources to help them thrive, not just survive.



MORE NEWS YOU CAN USE

Resiliency Week to Promote Care for the Caregiver
[DC Military](#)

Reaching Vets in the Golden Hour of Mental Health Injuries
[DCoE Blog](#)

Art Therapy Showcases Healing and Promise at Lejeune
[Stars and Stripes](#)

The Results are in: 2011 DoD Health Related Behaviors Survey
[HPRC](#)

Staying Active and Fit During Extended PCS Lodging
[Military OneSource](#)

The Doctor is in: Make Nutrition Work for You [DOD Live](#)

Wives, Husbands Thanked at Military Spouse Appreciation Night [Navy.mil](#)

Happy belated Father's Day! Here's a good laugh for you dads, courtesy Jeff Bacon, creator of *Broadside*:

[Happy Hollerin' Day](#)